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Physical Education (PHED) 1535 Baseball and Physical Fitness (1 or 2 units) CSU:UC
[formerly Physical Education 35AB]

Prerequisite: None

Total Hours: 48 lab hours for 1 unit; 96 lab hours for 2 units

Catalog Description: This activity course is designed to improve understanding of the fundamentals of baseball. The instructional aspects of baseball are combined with a special conditioning program.

Type of Class/Course: Degree Credit

Text: Hansen, Tom and Ken Ravizza. *Heads-Up Baseball: Playing the Game One Pitch at a Time*. New York: McGraw-Hill Publishing, 1996. Print.

Additional Instructional Materials: Baseball equipment

Course Objectives:

By the end of the course, a successful student will be able to:

1. Improve skill level in baseball techniques of:
 - a. Throwing,
 - b. Catching,
 - c. Fielding,
 - d. Batting,
 - e. Base running, and
 - f. Pitching,
2. Participate in game experience, and
3. Improve quickness, strength and overall conditioning.

Course Scope and Content (laboratory):

Unit I Conditioning
A. Quickness
B. Strength
C. Cardiovascular
D. Stamina

Unit II Fundamental Skills
A. Hitting
B. Pitching

- C. Fielding
- D. Throwing
- E. Base running
- F. Bunting
- G. Position by position techniques

- Unit III Basic Rules of the Game
- A. Offense
 - B. Defense
 - C. Sportsmanship and ethics

- Unit IV Basic Team Strategy
- A. Offensive signs
 - B. Defensive signs
 - C. Scouting

Learning Activities Required Outside of Class:

The students in this class will spend a minimum of 2 hours per week outside of the regular class time doing the following:

1. Skill practice,
2. Taking notes on multimedia presentations, and
3. Reading of the textbook.

Methods of Instruction:

1. Oral instruction in the fundamentals of baseball,
2. Practice,
3. Use of multimedia as additional learning material, and
4. Demonstration.

Methods of Evaluation:

1. Skill demonstrations, including:
 - a. Class performance and
 - b. Scrimmage games.